

## TV Schedule Week Beginning 11th March 2019

### Monday

- **Walks Around Britain**  
6/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks along the Isle of Man's stunning coast and visits Sprotbrough in South Yorkshire.  
12:00 - 12:30
- **Escape to Paradise**  
Alex Outhwaite continues her luxurious trip to the Caribbean island of Antigua with an adrenalin filled off-road buggy safari, a relaxing visit to the spa, and a whole lot of rum to taste! (2/3)  
12:30 - 13:30
- **Taiwan: Land of Discovery**  
Hayley Sparkes continues her Taiwan adventure, with more amazing discoveries. She learns how to go oyster fishing with her feet, and visits one of the most spectacular lantern festivals in the world!  
(2/5)  
15:00 - 16:00

### Tuesday

- **Walks Around Britain**  
7/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks from Banavie to Gairlocky and around the Ribblehead Viaduct.  
12:00 - 12:30

### Wednesday

- **Walks Around Britain**  
1/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks with artist Ashley Jackson in Holmfirth and to the top of Wansfell Pike in the Lake District.  
12:00 - 12:30
- **Destination**  
Ellen Coughlan travels to one of the most famous southern States of America. Exploring the narrow Gulf Coastline of Alabama, she's on a mission to see how sweet it actually is.  
13:00 - 13:30
- **Serbia: Old and New**  
Laura Alexandra continues her travels across Serbia. She is still exploring Belgrade, this time experiencing art, medicine, and fashion. She also meets the Crown Prince and Princess. (2/6)  
15:00 - 16:00

### Thursday

- **Walks Around Britain**  
2/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White takes a surprising walk around Goole and through the Trentham Estate in Staffordshire.  
12:00 - 12:30
- **It's More Fun in the Philippines**  
Ep2: Alex Outhwaite and Mel Dizon continue their amazing tour of the Philippines. A tropical storm saves the girls from a scary challenge, and they visit the home of the smallest primates in the world.  
12:30 - 13:30

### Friday

- **Walks Around Britain**  
3/7 Series featuring inspirational walks between 2-8 miles from around Britain. Andrew White walks alongside a canal in Wolverhampton and to the top of Sour Howes in the Lake District.  
12:00 - 12:30
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### Ellen's Texan Adventure

Experience modern Texas as Ellen Coughlan arrives at Wildcatter Ranch to experience the thrills of a true cowboy lifestyle. Then it's onto the glitzy city of Dallas (2/4)

12:30 - 13:30

- **Escape to Paradise**

Floating bars, 300ft high zip wires, and an eccentric sauce maker – it's the last few days of Alex Outhwaite's Escape to Paradise, which culminates with parties on a catamaran, and a mountain top! (3/3)

15:00 - 16:00

### Saturday

- **Serbia: Old and New**

Laura Alexandra continues her travels across Serbia. She is still exploring Belgrade, this time experiencing art, medicine, and fashion. She also meets the Crown Prince and Princess. (2/6)

12:00 - 13:00

- **Destination**

Explore this little known secret of the northern Aegean. It boasts over a hundred beaches, so you can often find one all to yourself. There's a few surprises too, such as Europe's only desert!

13:00 - 13:30

### Sunday

- **Taiwan: Land of Discovery**

Hayley Sparkes continues her Taiwan adventure, with more amazing discoveries. She learns how to go oyster fishing with her feet, and visits one of the most spectacular lantern festivals in the world! (2/5)

12:00 - 13:00

- **Destination**

Join Ellen Coughlan as she explores the famous city of New Orleans. See the bustling creativity of the fabulous French Quarter and of course the vibrant nightlife that makes this city so famous. (1/2)

13:00 - 13:30